

Indian Psychiatric Society

KARNATAKA STATE BRANCH

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Membership Directory

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Range of Psychiatric Products

RELIPAM-5 Diazepam 5 mg.	RELINASE - 0.25 Haloperidol 0.25 mg.	LOREL - 1 Lorazepam 1 mg.
RELIDEP - 10 Amitriptyline HCl 10 mg.	RELINASE - 1.5 Haloperidol 1.5 mg.	LOREL - 2 Lorazepam 2 mg.
RELIDEP - 25 Amitriptyline HCl 25 mg.	RELINASE - 5 Haloperidol 5 mg.	MEZARIL Carbamazepine 200 mg.
RELIDEP - 50 Amitriptyline HCl 50 mg.	RELINASE - 10 Haloperidol 10 mg.	SENSARIL Nortriptyline HCl Eq. To Nortriptyline Base 25 mg.
RELIDEP - 75 Amitriptyline HCl 75 mg.	RELINASE PLUS - 1.5 Haloperidol 1.5 mg. Trihexyphenidyl HCl 2 mg.	DOXYRIL-10 Doxepin HCl Eq. To Doxepin 10 mg.
RELIDEP PLUS-H Amitriptyline HCl 12.5 mg. Chlordiazepoxide 5 mg.	RELINASE PLUS - 5 Haloperidol 5 mg. Trihexyphenidyl HCl 2 mg.	DOXYRIL-25 Doxepin HCl Eq. To Doxepin 25 mg.
RELIDEP PLUS Amitriptyline HCl 25 mg. Chlordiazepoxide 10 mg.	RELINASE PLUS - 10 Haloperidol 10 mg. Trihexyphenidyl HCl 2 mg.	LITHORIL Lithium Carbonate 300 mg.
DIAMIN - 25 Imipramine HCl 25 mg.	RELINEXY Trihexyphenidyl HCl 2 mg.	ZOLIPAX-0.25 Alprazolam 0.25 mg.
DIAMIN - 75 Imipramine HCl 75 mg.	DELITIL - 25 Chlorpromazine HCl 25 mg.	ZOLIPAX-0.5 Alprazolam 0.5 mg.
DIAMIN PLUS - 2 Imipramine HCl 25 mg. Diazepam 2 mg.	DELITIL - 50 Chlorpromazine HCl 50 mg.	ZOLIPAX-1 Alprazolam 1 mg.
DIAMIN PLUS Imipramine HCl 25 mg. Diazepam 5 mg.	DELITIL - 100 Chlorpromazine HCl 100 mg.	KID-TABS.
ZEN Thioridazine 100 mg.		MEZARIL KID-TABS. Carbamazepine 100 mg.
ZEN Thioridazine 50 mg.		RELINASE KID-TABS. Haloperidol 5 mg.
RELIN Trifluoperazine 10 mg.		
RELIN Trifluoperazine 5 mg.		
RELIN Trifluoperazine 2.5 mg.		
RELIN Trifluoperazine 1.25 mg.		
RELIN Trifluoperazine 0.625 mg.		

Community Health Cell

Library and Documentation Unit

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Indian Psychiatric Society

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Membership Directory

1994

Regional Documentation Society

KARNATAKA STATE BRANCH

20th Anniversary 1970-1990

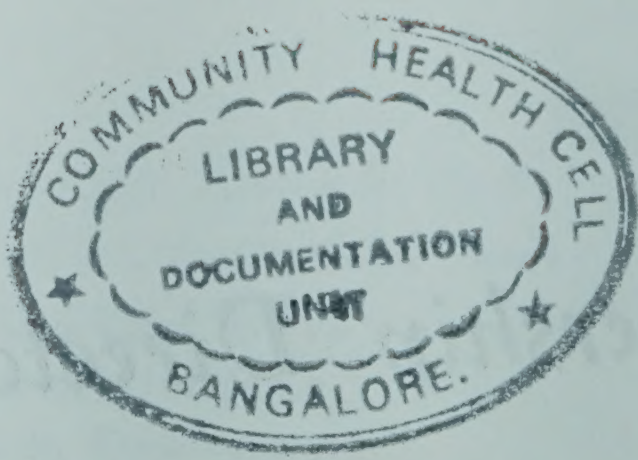
1990



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FOREWORD

Since the last Membership and Psychiatric Services directory was published in 1990, Indian Psychiatric Society-Karnataka has grown in terms of membership such as more life members, life associate members. Along with this there is induction of overseas psychiatrists of Indian origin and Honorary Life Members. There is also steady increase in the number of activities of the society. This has necessitated the update of the directory. The society has done the utmost to gather upto date information about addresses, telephone numbers of members. Errors and omissions are regretted.

I am indebted to Dr. M. Ramachandra, Dr. L.G.P. Achar who shared their energy, valuable time to review, suggest changes to update the directory. Our thanks to Reliance Formulations Pvt. Ltd. for readily agreeing to sponsor the directory.

27-2-1994
Bangalore

Dr. S. K. Jayaprakash
President (1993-1994)
Indian Psychiatric Society
Karnataka State Branch

Indian Psychiatric Society

(Karnataka State Branch)

CONSTITUTION

Rules and Regulations - 1991

Article - I

Name : The name of the society shall be "Indian Psychiatric Society-Karnataka Branch". Its activities shall extend to the whole of Karnataka State. The minimum number of members will be one hundred.

Article - II

- a) To promote positive mental health by educating public in matters of mental hygiene.
- b) To take up activities with regard to prevention, control, treatment and relief of all psychiatric disorders and disabilities.
- c) To formulate and advise on the standards of education and training for medical and auxiliary personnel in psychiatry and to recommend adequate teaching facilities for the purpose.
- d) To promote research in the field of psychiatry and mental health.
- e) To co-operate with professional and other bodies in the advancement of medical and other sciences.
- f) To propagate the principles of psychiatry and current developments in psychiatric thought.

- g) To advise the Government and other bodies on the various aspects of Psychiatry and mental health including legislative and administrative aspects.
- h) To purchase or acquire on lease or otherwise of any moveable or immovable property necessary or convenient for the purpose of the society.
- i) To sell, improve, manage, develop, transfer or dispose of any such property of the society.
- j) To collect, manage and disburse funds for all or any of the objects of the society.
- k) To do all such things and matters as are incidental or conducive to the attainment of the above objectives or any of them which are subsidiary to the said objectives.

Article - III

Section - 1 : There will be three classes of Individual Membership.

- a) The Life Fellow members of the Indian Psychiatric Society - Karnataka Chapter.
- b) The Life Associate members of the Indian Psychiatric Society - Karnataka Chapter.
- c) Honorary Members of the Indian Psychiatric Society - Karnataka Chapter.

Section - 2 : Eligibility of Honorary Members :

Distinguished persons who have made valuable contributions towards promotion of mental health are eligible for Honorary Membership. Workers in allied fields of social, educational, psychological, legal and medical sciences residing in the area who are engaged or interested in the pursuit of the aims and objectives of the society are eligible to become Honorary Members.

Section – 3 : Election of Honorary Members :

Any person in any field who has contributed to the field of mental health can be elected as an Honorary Member by majority vote of the Executive Committee.

Section – 4 : Subscription :

Life Fellow Member : Rs. 400

Life Associate Member : Rs. 200

Ordinary : Rs. 75 /Annum

Persons Residing Abroad : \$ 100 or equivalent in Rupees.

The fee is payable at the time of applying for membership.

Section – 5 : Membership Register :

The society shall enter the name and other particulars of a person admitted as a member in the membership register. From the date of this entry the person shall become a member of the Indian Psychiatric Society – Karnataka Branch.

Article – IV : Termination of Membership.

Section – 1 :

A person shall cease to be a member of the society if his name is removed from the register. The name of the person shall be removed from the register by the council,

a) On his death.

b) On his resignation. The resignation of any member from the society shall be in writing addressed to the President or the Hon. Secretary and shall be accepted by the executive committee provided he has paid up all his dues to the society.

- c) If his subscriptions are in arrears for two years and he has not paid in spite of a final notice regarding his dues from the Hon. Secretary or Hon. Treasurer.

Section - 2 :

The membership of any member may be terminated for other reasons which the Executive Committee may deem sufficient by votes of not less than two-thirds of the members thereof at a special meeting called for this purpose or at the Annual General Body Meeting. The member concerned shall have a right to explain his conduct and the Hon. Secretary shall acquaint all the members of the Executive Committee with his explanation. He shall have the right to appeal, to inform the Hon. Secretary of his desire to do so within a month of the receipt of the decision of the Executive Committee.

Section - 3 :

If a member whose name had been removed previously under Article - IV. Section - 1 (c) seeks election without disclosing this fact and is elected erroneously as a new member, his election will be considered null and void unless he pays the arrears due from him under the rules.

Section - 4 : Privileges of the Members :

- a) To attend the Annual General Body Meeting of the Society and to vote on all issues including (i) Election of office bearers and executive committee members, and (ii) Amendments to the constitution and bye-laws.
- b) To receive a copy of the statement of accounts, reports and journal of the society.
- c) To the use of the Society's library and room. If any, set apart for the purpose.
- d) To attend and take part in scientific meetings, lectures and demonstrations of the Society.

- e) To enjoy such other privileges of membership as may from time to time be conferred on members by the Constitution and Bye-laws.
- f) Hon. and Associate members do not have the right to vote and contest for any post in the office.

Article - 5 :

Election of Office Bearers and Executive Committee Members.

Section - 1 :

The members of the branch shall meet at the Annual General Body Meeting and elect a Vice-President, Secretary, Treasurer and an Editor (for the Newsletter.)

In addition to the above four, six more members from the life fellow members will be elected to the Executive Committee. The immediate past President and Hon. Secretary will be ex-officio members of the Executive Committee for one year and the total will not exceed thirteen. There will be representation from at least 4 districts of Karnataka. Two among the thirteen will be elected each year to represent Karnataka Branch in the Executive Council of the Indian Psychiatric Society, South Zone. Three members of the Executive Committee will form the quorum.

Procedure for elections :

- a) Nomination form for the elections to be held at Annual General Body shall be published in the June Newsletter/personal communication which must be dispatched in the first week of June.
- b) Nominations duly proposed, seconded and accepted by the nominee should reach the Secretary by 10th

July. Nominations reaching beyond 10th July will not be accepted.

- c) Withdrawals, if any, should reach the Secretary before 20th July.
- d) Nominations should be scrutinized by the Executive Committee at their meeting in the month of July.
- e) Members will be informed through the August News letter/personal communication about the final list of the candidates approved by the Executive Committee for elections.
- f) If there is a contest for any of the posts of Executive Committee, Ballot papers will be sent by the Secretary to all voting members three weeks before the Annual General Body Meeting.
- g) All members are to send their ballot papers duly marked "Elections - Post Specified" and signed, to the Secretary seven days before the Annual General Body Meeting.
- h) If the above procedure is not strictly observed, that ballot paper will be deemed incomplete & invalid.
- i) Ballot papers may be mailed or handed over to the Secretary before the stipulated date.
- j) If there are no nominations for a particular post, nominations will be called for from the floor, by the presiding officer at the Annual General Body Meeting.

Article - VI: Officers of the Society :

Section - 1 :

The new office bearers and the new members of the Executive Committee shall assume office from the time of the Annual General Body Meeting in which they are elected. The

out going office bearers shall hand over charges of their office and all papers etc., connected with their respective offices within three weeks of the Annual General Body Meeting in which new office bearers have been elected.

Section – 2 :

A year in matter of term of office means the period between two consecutive Annual General Body Meetings.

Article – VII :

Section – 1 : Duties of the President :

- a) The President shall hold office for one year and shall not be eligible for re-election.
- b) He shall be the Chairman of the Annual General Body, Extraordinary General Body and Executive Committee Meetings and if and when appointed, of any other committees.
- c) He shall have a casting vote in case of equality of votes in addition to his own ordinary vote.
- d) He shall regulate the proceedings of the meetings and conferences, interpret rules and regulations and decide doubtful points at issue.
- e) He shall preserve order and shall decide on all points of order at or in connection with the meeting. There shall be no discussion on any point of order and the decision of the President shall be final.
- f) He shall be consulted on all important matters concerning the affairs of the society.

Section – 2 : Duties of the Vice-President :

- a) The Vice-President, who will also be President for the succeeding year will hold office for one year.

- b) He shall conduct all meetings in the absence of the President and shall have all the powers of the President on that occasion.

Section – 3 : Duties of the Hon. Secretary :

- a) The Hon. Secretary shall hold office for one year and shall be eligible for re-election at the end of this period for one more term consecutively.
- b) The Hon. Secretary shall be responsible for the office work and correspondence. He shall organise and convene all meetings, conferences, lectures and demonstrations. He shall maintain a record of such meetings. He shall prepare an Annual Report to be laid before the Annual General Body Meeting. He shall be ex-officio member of all committees. He should maintain the membership register.

Section – 4 : Duties of Hon. Treasurer :

- a) The Hon. Treasurer shall hold office for one year and shall be eligible for re-election at the end of this period for one more year consecutively.
- b) He shall be responsible for collection of subscriptions, donations from members and well wishers of the society.
- c) He shall sign the receipts and prepare statement of Income and Expenditure of the society duly audited by a registered auditor before the Annual General Body Meeting each year and present the same at the Annual General Body Meeting.
- d) All payments shall be made by the Treasurer at the instance of the Hon. Secretary.
- e) The Treasurer shall open an account with a bank and shall have authority to operate this account for

the expenses of the Society, with President /or / Secretary.

Section – 5 : Duties of the Hon. Editor.

- a) The Hon. Editor shall hold office for one year at a stretch and shall be eligible for re-election at the end of this period for one more term.
- b) He/She will be responsible to publish a minimum of six issues of the Newsletter and /or Journal in a year.
- c) He/She will be responsible to publish and mail the Newsletter to all the members.
- d) He/She should bring to the notice of the executive committee any financial matters, advertisements pertaining to the News letter for consent.

Article – VIII : Office of the Society :

The office of the Karnataka Branch shall be situated at the place chosen by the President.

Article – IX : Annual General Body Meeting :

- a) The date and venue of the Annual General Body Meeting will be proposed by the Executive Committee. It should be at least two months before the Annual General Body Meeting of the Indian Psychiatric Society.
- b) Notice and Agenda of General Body Meeting shall be sent to all members three weeks before the meeting.
- c) Any member may send a resolution by giving the society full two weeks notice. This will be considered by the Executive Committee and put up before the General Body with its comments.

- d) Annual General Body Meeting shall be presided over by the President, in his absence by the Vice-President and in the absence of both by a member elected at the meeting for the occasion.
- e) The business transacted at the meeting shall be taken up in the following order :
 - i) Condolence resolutions if any.
 - ii) Confirmation of the minutes of the preceding Annual General Body Meeting.
 - iii) Reading and adoption of the Secretary's report.
 - iv) Reading and adoption of the Treasurer's report and a statement of audited reports.
 - v) Reading and adoption of the Editor's report.
 - vi) Election of office bearers – Vice President, Secretary, Treasurer, Editor and Executive Committee Members.
 - vii) Amendments to rule if any.
 - viii) Resolutions.
 - ix) Any other business with the permission of the chair.
- f) The quorum for the General Body shall be 25% of the total strength of the existing membership. If the quorum is not present the meeting can be reconvened after 10 minutes and within 24 hours.
- g) The minutes of the Annual General Body Meeting and the names of office bearers and executive committee members elected at the meeting should be sent to the following :
 - i) Hon. Secretary, Indian Psychiatric Society.
 - ii) Editor, Indian Journal of Psychiatry.

iii) Hon. Secretary, Indian Psychiatric Society, South Zone.

iv) Editor, Indian Journal of Psychological Medicine.

Article – X : Amendments to rules.

Amendments may be made at Annual General Body Meeting or Extraordinary General Body Meeting after a notice of three weeks. To be carried out, it shall have at least two-third majority of the voters attending the meeting.

Article – XI : Extraordinary General Body Meeting :

Extraordinary General Body Meeting may be called at any time of the year on the requisition of a majority of the executive committee members or 20% of the members.

Section – 1 :

Nothing except the business for which it is called shall be discussed at the meeting.

Section – 2 :

Three weeks notice of the meeting with agenda shall be given to the members.

Section – 3 :

Quorum shall be 15% of the members. If within half an hour a quorum is not present it is adjourned and reconvened after half hour and within 24 hours. There is no quorum for the reconvened meeting.

Article – XII

If the society for any reason disbands or fails to function then an Extraordinary General Body Meeting shall be called and it will authorise the Executive Committee to pay off the liabilities, if any, from the assets and then distribute equally the remaining assets or liabilities among

the existing members or authorise another society with similar objectives to shoulder it.

BYE – LAWS

Article – 1 :

The Executive Committee shall have powers to frame bye-laws.

Article – 2 : Funds of the Society :

Section – 1 :

The funds or income of the society shall be derived from the following sources :

- a) Subscription from members.
- b) Donations.
- c) Proceeds from the sale of periodicals or books and such other property as may be acquired from time to time.
- d) Any surplus amount that may be available after holding the Annual Conference, such surplus amount shall be accepted by the society as donation from the Organising Secretary holding the conference.
- e) Contribution from Government or local bodies.

Section – 2 :

The Executive Committee shall, out of the funds of the society defray all ordinary expenses such as rents, salaries, wages and such other charges as may be necessary for carrying on the work of the society.

Section – 3 :

The financial year of the society shall be from one Annual General Body to the next.

Article – 3 : Audit and Accounts :

Section – 1 :

The Treasurer shall be responsible for arranging the audit of the Society's accounts and submitting the same at the Annual General Body Meeting every year.

Section – 2 :

A competent registered auditor shall be appointed every year at the Annual General Body Meeting for the purpose.

Section – 3 :

As far as possible payment should be made by cheques which shall be signed by the Treasurer.



Activities of Indian Psychiatric Society-Karnataka Annual Activities

1. Inter High School Debate and Essay Competition related to mental health issues.
2. Inter Collegiate Debate and Essay Competition related to issues of Mental Health.
3. Inter Medical Psychiatry Quiz Competition.
4. Half Day workshop for teachers to promote understanding of mental health problems among their students.
5. Eminent Psychiatrist Award.
6. Outstation Academic Program in association with local organizations.
7. Dr. Druva Kumar Award for the best paper in Psychotherapy.
8. Dr. Jayaram Award for the best article or book published during the year on mental health issues.
9. Newsletter – Indian Psychiatric Society – Karnataka

Other Activities :

In addition to the structured activities at least three academic programmes are planned for each year. These involve topics of current interest in psychiatry. Often they are held in liaison with other disciplines like medical and non-medical. General awareness oriented/academic/award centered programmes find their place each year in the claender of activities. Eg. Popular lectures ; Psychiatry

prize examination for medical students/house surgeons of Karnataka ; and Karnataka essay competition for the general public of the state written either in English or Kannada.

Inter High School Essay/Debate Competition :

This activity is being conducted annually at Gangamma Hombegowda Girls High School, Hombegowda Nagara, Bangalore. The essay/debate centers around a mental health topic. This activity is primarily geared to sensitize high school students to various mental health issues and promote interest and curiosity in the field of mental health. The medium for Essay/Debate is in Kannada.

Three prizes each are awarded to the winners of essay/debate. A shield is also given to the school whose contestants score the highest points.

<i>Essay</i>	<i>Debate</i>
I Prize – Rs. 300/-	I Prize – Rs. 300/-
II Prize – Rs. 200/-	II Prize – Rs. 200/-
III Prize – Rs. 100/-	III Prize – Rs. 200/-

Inter Collegiate Essay/Debate Competition :

This activity is going on annually for the last several years. The essay/debate competition is for college students. The subject matter involves mental health issues. Again this activity is geared to educate and create interest in various fields of mental health. The medium for the essay/debate is either English or Kannada.

There are three prizes for essay/debate. A rolling trophy is given to the college whose contestants score the highest points.

<i>Essay</i>	<i>Debate</i>
I Prize – Rs. 300/-	I Prize – Rs. 300/-
II Prize – Rs. 200/-	II Prize – Rs. 200/-
III Prize – Rs. 100/-	III Prize – Rs. 100/-

Psychiatry Quiz

The inter medical quiz in Psychiatry is an ongoing annual activity of IPS – Karnataka from 1988-89. This activity is done to promote interest in psychiatry among house surgeons and medical students. The following are the guidelines.

Guidelines

1) *Participation :*

- a) Open to students and house surgeons of all medical colleges in Karnataka.
- b) No upper limit for entries (teams) from each medical college.
- c) Each team to consist of two participants from the same medical college. One person team will not be allowed to participate.

2) *Selection for final round :*

When there are more than six teams entering the quiz, the quiz shall begin with a selection round. This will consist of a written 20 question MCQ test which each team will answer as a unit. On the basis of the scores obtained in this test, the first six teams will be selected for the final round.

3) *Final Round :*

- a) This round will comprise of five series of six questions each, so that each team gets a chance to answer one question first.
- b) The team answering a question directly will get 10 points. If the question passes, and it is answered by the next team, this team gets 5 points. If the question passes to the third or subsequent teams, and is answered, the team gets 3 points.

- c) If, at the end, there are two or more teams tied for the third place, a tie-breaker round will be conducted only for the tied teams. The number of questions in the tie-breaker will be the same as the number of teams in the tie-breaker ; so that each team gets a chance to answer a question first. If there is a tie again, another tie-breaker round exactly like the first is to be repeated. In the unlikely event of a tie after the second tie-breaker round, the third place will be shared by the tied teams.

4) *Other Rules :*

- a) The selection of questions for the quiz should be as unambiguous and as simple as possible ; and the answers required should not involve more than one line, preferably even less.
- b) The time given to each team to answer a question : 30 seconds to the first team and 20 seconds to subsequent teams. This is open for modification by the Quiz-Master.
- c) The six questions of each series should as far as possible have a common theme ; for example, History of Psychiatry/Treatment/Clinical diagnosis/Phenomenology/Child Psychiatry/Basics like Neurophysiology, Pharmacology etc. An attempt should be made to cover as broad a field of Psychiatry as possible.
- d) In the event of any unforeseen problems arising during the conduct of the quiz, the decision of the Quiz-Master will be binding and final.

Teacher Awareness Programme :

The society in the last couple of years has started the teacher awareness programme geared to educate, interact

about issues of mental health of children, adolescents and young adults, with teachers teaching at the primary, high school and college levels. This is a half day workshop and the modality is in the form of lectures, by Psychiatrists and Teachers, group discussion.

Eminent Psychiatrist Award :

The society gives this award annually to a Psychiatrist who has contributed significantly to the growth of Psychiatry in the State of Karnataka. In choosing the Awardee, the Executive Committee refers to the guidelines laid down for this award.

List of Awardees :

1. Dr. S. S. Jayaram	1987-1988
2. Dr. H. S. Narayanan	1988-1989
3. Dr. H. S. Subramanyam	1988-1989
4. Dr. G. N. Narayana Reddy	1989-1990
5. Dr. S. M. Channabasavanna	1990-1991
6. Dr. K. Bhaskaran	1991-1992
7. Dr. R. L. Kapur	1992-1993

Newsletter - IPS Karnataka :

Newsletter of IPS-Karnataka is being published for the past few years on a regular basis. A minimum of six issues is required to be published in a year according to the constitution of IPS-Karnataka. The newsletter is sent to all the members of the society. Members can contribute articles of interest, interesting case studies in the field of Psychiatry, news about promotions, awards, honors etc. There will be information about new members, various academic and

other activities of the society. Currently the publication of the newsletter is being supported by advertisements in the newsletter.

Dr. S. S. Jayaram Award :

This award is given to any article/book written in either English or Kannada which promotes mental health matters or issues to the lay public.

The author is eligible to send one article or book for the award. He or she should enclose one original and two copies of the article or one copy of the book. The material should reach the Secretary-IPS KA before 30th June of the year. The material should have been published between 1st July of that year to 30th June of next year. The article or the book sent shall become the property of the IPS-KA without infringing the copyright.

A panel of three judges will be appointed by the Executive Committee to review the material. The judges decision is final. The winner will be intimated by post and the award will be given during one of the activities of the IPS-KA.

A person awarded once will not be eligible to compete again for the award.

Dr. K. M. Druva Kumar Award :

This award is for the best paper on Psychotherapy.

The paper must be based on actual Therapeutic intervention by the author. The intervention must have been carried out during one year period before the date of submitting the paper.

Each applicant can submit only one article. He or she should submit one original and two copies. Anyone in the

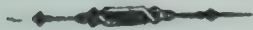
field of Psychiatry, Clinical Psychology, Psychiatric Social Work, Psychiatric Nursing in the State of Karnataka is eligible for the award.

The article should reach the Secretary before 30th, June.

The article will be judged by a panel of two or three judges nominated by the Executive Committee of the IPS-Karnataka Branch. The Judges decision is final.

The winner of the award will be intimated by post and the award will be given during one of the functions of the IPS-Karnataka Branch. The award will consist of a certificate and a cheque for Rs 1,000/-

A person who is awarded once will not be eligible to compete again for the award.



INDIAN PSYCHIATRIC SOCIETY

Karnataka State Branch

List of Office Bearers from 1970 onwards :

1970 – 1972 IPS-Bangalore Branch

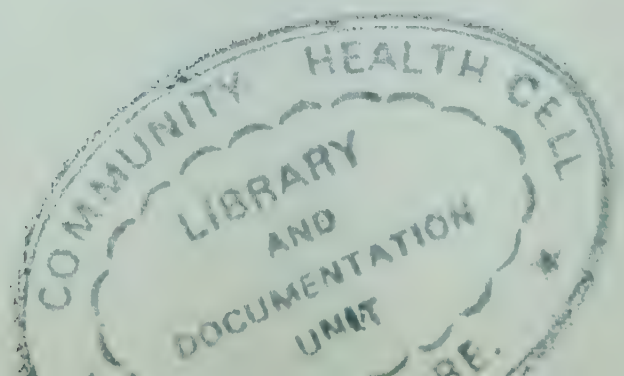
- President :** Dr. G. N. Narayana Reddy
Vice-President : Dr. H. S. Subramanyam
Secretary : Dr. S. M. Channabasavanna
Treasurer : Dr. S. S. Jayaram
Executive Committee : 1. Dr. B. K. Saroja Bai
2. Dr. J. W. Sabhaney
3. Dr. H. N. Murthy
4. Dr. A. S. Mahal

1972-1973 IPS-Mysore State Branch

- President :** Dr. H. S. Subramanyam
Vice-President : Dr. A. S. Mahal
Secretary : Dr. H. S. Narayanan
Treasurer : Dr. S. S. Jayaram
Executive Committee : 1. Dr. G. N. Narayana Reddy
2. Dr. S. M. Channabasavanna
3. Dr. S. C. Malik
4. Dr. V. Venkataramaiah
5. Dr. J. W. Sabhaney

1973-1974 IPS-Karnataka Branch

- President :** Dr. A. S. Mahal
Vice-President : Dr. S. M. Channabasavanna



Secretary : Dr. J. W. Sabhaney
Treasurer : Dr. S. S. Jayaram
Executive Committee : 1. Dr. H. S. Subramanyam
2. Dr. G. N. Narayana Reddy
3. Dr. S. C. Malik
4. Dr. H. S. Narayanan
5. Dr. K. N. Srinivas

1974-1975

President : Dr. S. M. Channabasavanna
Vice-President : Dr. H. S. Narayanan
Secretary : Dr. K. N. Srinivas
Treasurer : Dr. S. S. Jayaram
Executive Committee : 1. Dr. G. N. Narayana Reddy
2. Dr. Somashekar
3. Dr. H. S. Subramanyam
4. Dr. K. R. Banerjee
5. Dr. T. S. Shankarappa
6. Dr. A. S. Mahal
7. Dr. J. W. Sabhaney
8. Dr. R. L. Kapur
9. Dr. S. A. Ansari
10. Dr. C. Malik

1975-1976

President : Dr. H. S. Narayanan
Vice-President : Dr. V. Venkataramaiah
Secretary : Dr. N. Janakiramaiah
Treasurer : Dr. S. S. Jayaram
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HISTORY OF PSYCHIATRY IN KARNATAKA

R. Srinivasa Murthy, C. R. Chandrashekhar, Mohan K. Isaac

The Current State of Karnataka and the earlier Mysore State (know as Maadari Mysore) has been a pioneer in the implementation of a number of health programmes. Notable of these is the provision of family welfare services since 1932, the pioneering work in the area of tuberculosis care and malaria control. Mental Health is another area in which Karnataka has been a pioneer in a number of ways. The following is a brief account of the development of mental hospitals, mental health manpower, training, services and research in the State.

MENTAL HOSPITALS

There are two mental hospitals in the state of Karnataka. The first hospital was started in 1846 at Dharwad. This has 375 bed facility. The other mental hospital is located at Bangalore. The mental asylum in Bangalore came into existence in the latter part of the 19th century. With increasing awareness, in the year 1925, the name of the institution was changed to 'Mental Hospital'. The first Superintendent of the Mental Hospital was Dr. Frank Noronha, from 1922 to 1935. It was due to the keen interest of His Highness Sri Krishna Rajendra Wodeyar Bahadur and the then Dewan Amin-Ul-Mulk Sir Mirza M. Ismail, the Government sanctioned the building of the hospital in 1936. The Mental Hospital was shifted in 1937 to the present premises. The mental hospital is unique in a number of ways besides being located in one of the most elevated parts of Bangalore. The most unique part of the hospital was that it has never had

high walls. The hospital was planned on the villa system which was the latest design of mental hospitals at that time. The hospital also recorded the use of psychosurgery for the first time in 1942, while ECT was introduced earlier in 1940 and insulin coma therapy in 1950's.

TRAINING FACILITIES

The sanctioning of an All India Institute of Mental Health (AIIMH), the first of its kind in India after Independence, on 1st April 1954 in association with the mental hospital was a major milestone in the development of psychiatry not only in Karnataka, but also in the country.

From January 1955, the two post-graduate diploma courses namely Diploma in Psychological Medicine (DPM) and Diploma in Medical Psychology (DMP) with 12 students each were started. In 1966, the Institute introduced MD (Psychological Medicine) along with DM (Neurology), M.Ch (Neurosurgery) and Diploma course in Psychiatric Social Work (DPSW).

The next major development was the amalgamation of AIIMH and Mental Hospital to form the National Institute of Mental Health and Neuro Sciences (NIMHANS) on 27th December, 1974. Currently NIMHANS trains annually 15 DPMs, 8 MDs, 12 M. Phil and 4 Ph D in Medical and Social Psychology, 12 M. Phil in Psychiatric Social Work, 30 Diploma in Psychiatric Nursing and 6 M.Sc. Psychiatric Nursing. It is noteworthy that this is the only centre for training M. Phil in Psychiatric Social work and one of two centres training towards M. Phil in Medical and Social Psychology. The selection of candidates is on an all India basis. 6 seats are reserved for Karnataka Candidates DPM Course.

The other training centres in the state are at Manipal for M.D. and D.P.M. Davangere (DPM) and Dharwad (DFM).

Bangalore Medical College (MD), Father Muller Hospital Mangalore (MD), Air Force Hospital, Bangalore (MD).

Mental Health training as part of undergraduate Medical Education is available in most of the medical colleges in the State. Fully staffed departments are in all the Medical Colleges. In some of the recently started Medical Colleges departments of Psychiatry are without Psychiatrists.

SERVICES

In addition to the above institutional facilities there are departments of psychiatry in a number of centres. The district hospitals of Bellary, Davangere, Gulbarga, Kolar, Bijapur, Chitradurga, Dakshina Kannada have psychiatrists. In addition, the Government of Karnataka has identified recently a number of other district hospitals for the position of Assistant Surgeon (Psychiatrist). In the private sector St. Mattha's Hospital, Bangalore has a department of Psychiatry. Public Sector undertakings I.T.I and HAL have psychiatry departments. The central prison at Bangalore, the prison at Belgaum have the position of psychiatrist. In the private sector a number of exclusive psychiatric nursing homes are functioning at Bangalore, Shimoga and Hassan. More than 100 private psychiatrists, and clinical psychologists are working in different parts of the state. Most of the district headquarters have private psychiatric facilities and some of the taluk headquarters have private psychiatric facilities.

A very new development is the half-way homes and hostels for the care of the chronic mentally ill persons.

OTHER FACILITIES

The services for the day care of the mentally retarded are available all over the state. 25 centres provide this

facility, in addition there are 14 residential centres for the care of the mentally retarded, 11 at Bangalore, one each at Dharwad, Shimoga, Mangalore, and Sirsi.

A new development in the state is the different rehabilitation centres for the chronic mentally ill and persons with alcohol and drug dependence. These facilities are mostly located in Bangalore. Many agencies which offer psycho-social treatments are functioning in cities like Bangalore, Mysore.

The overall picture of mental health services is positive for the urban areas. However, there is as yet limited specialised services for the geriatric, child and adolescent and other special groups with mental health needs. This is a need for future development.

Mental Health Education : 'Mano Nandana' (1965) 'Mana Manthana' (1974) written by Dr. M. Shivaram appear to be first scientific psychiatric literature available for lay people in our state. Both the books were honoured by Central and State Sahitya Academies. At present there are more than 100 books in Kannada available for people to know about mental health and mental disorders. News magazines and periodicals are publishing articles and columns on mental health. Notable names of professionals who contribute to this area are Dr. C. R. Chandrashekar, Dr. Kumaraswamy, Mr. Ramesh Upadhyaya, Dr. Ashok Pai, Ms. Latha, Dr. Nagaraja Rao, Prof. V. K. Bhat. A large number of Kannada movies have focussed on mental health problems. Notable ones are 'Shara Panjara', 'Eradu Mukha', 'Manasa Sarovara'. Recently Dr. Ashok Pai a member of IPS Karnataka from Shimoga has produced movies with mental health themes namely 'Kadina benki' and 'Prathama Ushakirana'. Many of them have received State and other awards. All India Radio and Doordarshan are organising periodic health talks on mental health.

RURAL MENTAL HEALTH SERVICES

A unique contribution of Karnataka State has been the development of approaches to rural mental health care. The initial thrust for rural mental health was the problem of 'Bhanamathi' in the northern districts of Karnataka in the 1980. This subject of public distress was discussed state legislature and a committee appointed for scientific study of the problem. One of the major recommendations of Dr. H. Narasimhaiah Committee was to organise rural mental health service in Northern Karnataka. As a follow up of these recommendations, from April 1982 regular training of primary health care personnel was organised every month for 8 years. Initially, the health personnel were from the four districts of Gulbarga Division namely Bidar, Bellary, Gulbarga and Raichur. From 1986, the Mysore Division was included for this training programme. As a result of this a large number of doctors (530) and health workers (900) have received basic mental health training. Systematic studies have demonstrated that mental health service is provided by the trained personnel to the needy in their respective places.

The next milestone was the launching of the District Health programme in the Bellary District in 1985. Feasibility of decentralised training and District Mental Health team monitoring the total district has been demonstrated. At the end of 8 years, nearly 15,000 persons with neuropsychiatric problems had come into contact with mental health care. Other results of the experience is the development of record system and simple monitoring mechanisms. A very important aspect of the work is the active collaboration of the Zilla Parishad, DHS with NIMHANS in this programme. Extension clinics at Gunjur, Anekal, Maddur Madhugiri, Gouribidanur, Sirsi have shown that specialists services can be taken to the periphery with minimum cost.

The most recent development in the State is the decision to extend the district level services to South Kanara, Kolar,

Chitradurga, Dharwad and Bijapur. This spread effect is very significant and it is expected, in the near future, the whole State would be covered by the mental health services.

Karnataka can be proud of its contribution to the implementation of the National Mental Health Programme in the country as well as development of mental health services in neighbouring countries of the region like Sri Lanka, Pakistan, Nepal, Bangladesh, Afghanistan and Bhutan.

Research

Some of the earliest research studies have come from Karnataka. Special mention can be made of the epidemiological studies of Dr. M. V. Govindaswamy and Dr. P. S. Gopinath. Another area of contribution has been in the area of psychotherapy and Indian Psychology. The studies in Ayurvedic system of medicine for mental disorders is another significant area. The other major contributions from mental health professionals of Karnataka are in the area of acute psychosis, Biological Psychiatry, Child Mental Health, Student mental health, mental retardation, ECT, behaviour therapy, neuropsychology, parapsychology, dementia, alcohol dependence and community mental health. This list is illustrative of the range of activities of the professionals and is neither comprehensive nor exhaustive.

Conclusions :

Karnataka has been in the forefront of mental health care in the country prior to Independence and since Independence. The contributions range from manpower development, research to service model development. The advantage of location of AIIMH from 1954-1974 and NIMHANS from 1974 has been fully utilised by the state to meet the needs of the state and that of the nation.

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Res : 564, 2nd Cross, 2nd Block
R. T. Nagar
Bangalore-560 032 Tel : 3334207

34. Dr. P. John Alexander, MD
Off : Asst. Professor
Dept. of Psychiatry
Kasturba Medical College
Manipal - 576119

35. Dr. S. Kalyanasundaram, MD
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679, 11th Main
36th Cross, 4th Block
Bangalore - 560 011 Tel: 646262

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8th Cross
J. P. Nagar I Phase
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36. Dr. R. L. Kapur, DPM, Ph.D, FRC, Psych
Off : Mallige Medical Center
18/19, Crescent Road
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2268419

Res : 61, V-A Block,
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37. Dr. K. V. Kishore Kumar, MD
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Ranasingpet
Bangalore - 560 053 Tel : 623935

38. Dr. C. N. Krishnamurthy, DPM, MD
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K. C. General Hospital
Malleswaram, Bangalore
Res : 272, 12th Cross
Mahalakshmi Layout
Bangalore-560 086 Tel : 3321990

39. Dr. Krishna Raju
Off : Psychiatrist
Deeksha Polyclinic
21, 5th Cross, Malleswaram
Bangalore-560 003 Tel : 368240
Res : 349, 13th B Cross, Vyalikaval
Bangalore-560 053

40. Dr. S. C. Kulkarni, DPM
Off : Manas Clinic
Market
Dhrawad-580 001
Tel : 44231
Res : 42184
41. Dr. V. G. Kulkarni, MD, DPD, FIPS
Off : Manas Nursing Home and EEG Centre
Vidyanagar
Hubli-510 021
Tel : 372040 (Off)
372466 (Res)
42. Lt. Col. Lalita Rao, DPM
Off : Bharani Clinic
1223, I Main Road, Vijayanagar
Bangalore-560 040
Tel : 3357431
43. Dr. S. Linganna
Res : 772, 9th Main, III Block, III Stage
Basaveshwaranagar
Bangalore-560 010
Tel : 3351506
44. Dr. Madan Mohan, MD
(Abroad)
45. Dr. K. P. Mangalwedhi, MD
Off : Enkay Complex
Keshwapur
Hubli - 580 023
Tel : 65408
46. Dr. Mallikarjun C. Kalgudi
Res : 174/B, IV Block
III Main Road
Rajajinagar
Bangalore - 560 010

47. Dr. M. Mallikarjunaiah
Res : "Poorna Nilaya"
66 8th A Main, 3rd Cross
NIMHANS Layout, BTM I Stage
Bangalore - 560 029
48. Dr. Mamatha Shetty, DPM
Off : Parijma Medical Center
24/10, 7th Main, BTS Depot Road
Wilson Garden
Bangalore - 560 027 Tel : 2238534
Res : AV 13, Nimhans Quarters
B. D. Circle
Bangalore - 560 029 Tel : 646714
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Bangalore - 29 Tel : 642121 Ext. 219
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Bangalore-560 027 Tel : 2233982
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38th Cross, 4th T Block, Jayanagar
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51. Dr. Mathew Verghese, MD
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Bangalore - 560 029 Tel : 6634958

52. Dr. Mohan K. Isaac, MD
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 Bangalore-560029 Tel : 642121
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 Bangalore Dairy Circle
 Bangalore-560 029
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 Res : Joshi Farms, Belgaum Road
 Dharwad
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 NIMHANS
 Bangalore-560 029 Tel : 642121
55. Dr. S. G. Murali Raj, MD
 Res : 373, 16th Main
 4th 'T' Block, Jayanagar
 Bangalore-560 041 Tel : 640371
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 Off : Professor and HOD
 Dept. of Psychiatry
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 Bapuji Hospital
 Davanagere-577 004 Tel : 28350
 Resi : Manasa, 2663, I Main
 Opp. Medical College
 MCC 'B' Block
 Davanagere-577004 Tel : 28696
57. Dr. A. M. Nagesh, DPM
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 (Upstair) Balaji Medicals
 Hassan Tel : 67694

58. Dr. Nagesh Pai, MD, DNB

Off : Dept. of Psychiatry
Kasturba Medical College
Mangalore

Res : S/o Dayananda Pai
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59. Dr. G. N. Narayana Reddy

Resi : 526, 11th Main Road
5th Block, Jayanagar
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Tel : 642075

60. Dr. H. S. Narayanan, MD

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Lakkasandra Extension
18th Cross, Wilson Garden
Bangalore-560 027

Tel : 2235136

61. Dr. G. S. Nataraj, MD

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K. R. Hospital
Mysore

Tel : 23300

Res : 1480, 9th Cross, 12th Main
E Block II Stage, Rajajinagar
Bangalore-560 010

Tel : 3325188

62. Dr. G. S. Palaksha, DPM

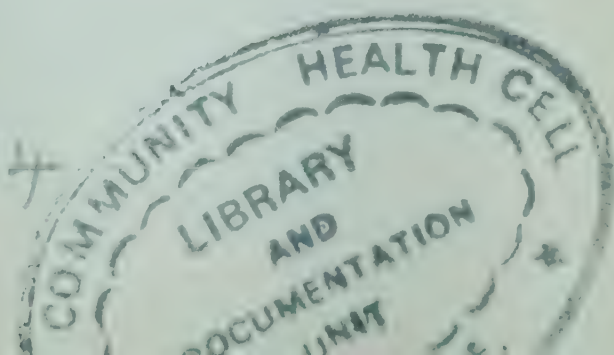
Off : Medical Superintendent and
Administrative Manager
HAL Hospital

Bangalore-560 017

Tel : 572581

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Bangalore-560 017

Tel : 576476



63. A. K. R. Pandurangi, MD
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80878 (Res)
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Govt. General Hospital
Gulbarga-585 101

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Kusnoor Road, Rajapur
Gulbarga-585 105 Tel : 23322
65. Dr. Prabha S. Chandra, MD
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Bangalore-560 029 Tel : 642121

Res : No. 2, Type 'V' Nimhans Quarters
Byrasandra Campus
Bangalore-560 034 Tel : 641389
66. Dr. Prabhavathi Rao, MD
Off : 345, 10th 'A' Main
3rd Block. Jayanagar
Bangalore-560 011
67. Dr. M. Prabhu
Res : Lakshmi Nivas
60/29, I Main
Lower Palace Orchards
Bangalore-560 011 Tel : 369235

68. Dr. M. N. Prakash, DPM
Bangalore Nursing Home
Gandhinagar
Bangalore-560 009 Tel : 2261222
Res : 118, 8th Cross
Wilson Garden
Bangalore-560 027 Tel : 2226659
69. Dr. M. Prakash Appaya, MD
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St. John's Medical College and Hospital
Hosur Road
Bangalore-560 034
Res : B-9, Staff Quarters
St. John's Medical College
Hosur Road
Bangalore-560 034 Tel : 5532351
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Res : Dr. Desai Building
Shanthi Colony,
Vidyanagar, Hubli
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Department of Psychiatry
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76, Elephant Rock Road
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73. Dr. Rajappa, MD
(Abroad)

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 J. P. Nagar I Phase
 Bangalore-560 078
75. **Dr. P. N. Rajendra, MD**
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 Department of Psychiatry
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 Sanjeravi Road
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 Mysore-570 023 Tel : 61229
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 I. T. I. General Hospital
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 K. H. Road
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 Res : No. H-12, Newtown
 Bhadravati (Shimoga Dist.)
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 HAL II Stage, Indiranagar
 Bangalore-560 038 Tel : 5583746(res).
5580805(off)

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Davanagere-577 004
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Off : NIMHANS
Bangalore-560 029 Tel : 642121
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Off : Prashantham
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Wilson Garden
Bangalore-560 027 Tel : 2225724
Res : 75, 20th Cross
Laljinagar, Audugodi P.O.
Bangalore-560 030 Tel : 2237021
82. Dr. M. T. Sathyanarayana
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Dept. of Psychiatry
Adi Chunchanagiri Institute
of Medical Sciences
Bellur-571418
Res : Sri Venkateshwara Nilaya
Behind-NCC Office Road
Ashok Nagar
Tumkur-2 Tel : 73498
83. Dr. T. S. Sathyanarayana Rao,
MD, DPM, FIPS, DHA, MICSEP
Off : Associate Professor and Head
Department of Psychiatry
JSS Medical College and Hospital
Ramanuja Road
Mysore-570 004 Tel : 31751

Res : Sumana, 1441, 4th Cross
Ashok Nagar
Mandya-571401

Tel : 21880

84. Dr. C. Shamasundar, MRC Psych

Off : NIMHANS
Bangalore-560 029

Tel : 642121

Res : A 5-16, NIMHANS Staff Quarters
D. R. College Post
Bangalore-560 029

Tel : 642861

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Bangalore-560 029

Tel : 642121

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Mitrapriya
Udupi-576101

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Behind State Bank of Mysore
Nanjangud
91. Dr. K.R. Sridhara, MD
Off : Sridhar Neuropsychiatric and
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I Main Road, Rajendranagar
Shimoga-577 201 Tel : 24627, 23627
92. Dr. N. Srihari, MD
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J. P. Nagar I Phase
Bangalore-560 078 Tel : 646766
93. Dr. Srikala Bharath, MD
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Bangalore-560029 Tel : 642121
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Bangalore-560 076 Tel : 640029
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Bangalore-560 029 Tel : 642121

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Tel : 364585

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549/46, 6th Main
4th Block, Rajajinagar
Bangalore-560 010

Tel : 3353500
3354951

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II Stage, Vijayanagara
R. P. C. Layout
Bangalore-560 040

Tel : 3300742

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NIMHANS

Bangalore-560 029

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Off : Dept. of Psychiatry
Victoria Hospital
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Bangalore-560074

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Jayanagar I Block
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Res : Mano Shanthi, Adarsha Colony
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Belgaum-10

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JMM Medical College
Davanagere

Res : D/7, Vidyanagar
Davanagere-577 005

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Somwarpet (Coorg Dist.)

103. Dr. Sumant Khanna, MD

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NIMHANS

Bangalore-560 029

Tel : 642121

Res : 31, BHS Layout
Bannerghatta Road
Bangalore-560 076

Tel : 644719

104. Dr. Sundar Moily, MD

**Off : Rural Mental Health Center
Sakalwara
Bangalore-560 083**

**Res : 35, Type IV, Block II
NIMHANS Quarters
Bannerghatta Circle
Bangalore-560 029**

105. Dr. Swaminath Gopal Rao, MD

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B. R. Ambedkar Medical College
Bangalore**

**Res : 875, III Block
Rajajinagar**

Bangalore-560 010

Tel : 3352508

106. Dr. M. J. Thomas, MD, MNAMS

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Airport Road**

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**Res : J. 124, Usha's, Apartments
4th Block, 16th Main, Jayanagar**

Bangalore-560 011

Tel : 6633762

107. Dr. Uday Shetty, MRC Psych

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Milogress Cross Road**

Mangalore-575 001

Tel : 32272

**Res : Near Vishal Nursing Home
Mannagudda**

Mangalore-575 003

Tel : 32393

108. Dr. Usha Jayant Iyengar, DPM
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113. Dr. H. N. Vidya Sagar
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Bangalore-560 034

114. Dr. P. Vijaya Kumar, DPM, MRSH

Off : C.M.O.

CGHS Dispensary

No. 8, Indiranagar

Bangalore-560 038

Tel : 561255

Res : 21, 17th Main, HAL II Stage

Indiranagar

Bangalore-560 038

Tel : 567210

115. Dr. Vinod Kumar

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Mysore-570 002

Res : 63, Chitanya Krupa

New Sayyaji Rao Road

Mysore-570 004

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116. Dr. H. S. Vivekananda, MD

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604888 (res)
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Bangalore-560 011
13. Mrs. Sudha Nair
Type IV NIMHANS Quarters
Byrasandra
Bangalore-560 029

14. Ms. Supriya Shankar
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Bangalore-560 034
16. Dr. Tara Rebecca Chacko
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17. Dr. (Mrs.) Usha Rao
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Bangalore-560 011 Tel : 604888

PSYCHIATRIC SOCIAL WORK

18. Dr. Kasi Sekar
23, Type IV
NIMHANS Quarters, Byrasandra
Bangalore-560 011

PSYCHIATRIC NURSING

19. Mr. S. B. Hiremath
Rural Mental Health Center, Sakalawara
Bangalore-560 083
20. Mr. Nagarajaiah
1753/A, Upstairs, I 'B' Main, II Stage,
Rajajinagar, Bangalore-560 010
21. Miss. Premalatha
Rural Mental Health Center, Sakalawara
Bangalore-560 083

22. Ms. M. Puttamma
Rural Mental Health Center, Sakalawara
Bangalore-560 083

23. Mr. K. R. Subramanya
(Abroad)

OTHERS

1. Mr. M. Devanathan
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Bangalore-560 029

2. Dr. B. Puttaswamy, BDS
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Bangalore-560 017 Tel : 572581
Res : MD/6, HAL Old Township
Bangalore-560 017 Tel : 569635

3. Dr. Ramesh Nath, MBBS
GDMO (Medicine)
Rural Mental Health Center, Sakalawara
Bangalore-560 083

4. Dr. M. G. Ramu
Ayurvedic Research Unit
NIMHANS
Bangalore-560 029

5. Dr. Venkataswamy Reddy
Dept. of Statistics
NIMHANS
Bangalore-560 029

DEPARTMENT OF PSYCHIATRY MEDICAL COLLEGES—GOVERNMENT

1. Bangalore Medical College

City Market, Fort
Bangalore-560 002

Dr. B. Jayaramaiah

Prof. and HOD of Psychiatry
Victoria Hospital
Bangalore-560 002

Tel : 601544
601529

2. Government Medical College

Mandi Mohalla Post
Mysore-570 021

Dr. G. S. Nataraj

Asst. Prof. and HOD of Psychiatry
K. R. Hospital
Mysore-570 021

Tel : 20512

3. Government Medical College

Cowl Bazar
Bellary-583102

Tel : 2104

4. Karnataka Medical College

Hubli-580 022

Tel : 72109

MEDICAL COLLEGES—PRIVATE

1. Dr. B. R. Ambedkar Medical College

Kadugondanahalli (Via TV Tower)
Ambedkar Nagar, College Post
Bangalore-560 045

Contact :

Dr. G. Swaminath Gopal Rao

Asst. Prof. and HOD of Psychiatry

Tel : 5561784, 5576498

2. Adichunchanagiri Medical College

Javaranaahally

Nagamangala Taluk, Bellur

Contact :

Dr. M. T. Sathyanarayana

Asst. Prof. and HOD of Psychiatry

3. J. S. S. Medical College

Bannimantapa, Mysore-570 015

Contact :

Dr. T. S. Sathyanarayana Rao

Asso. Prof. and HOD of Psychiatry

Tel : 23134

4. J. J. M. Medical College

Davanagere-577004

Contact :

Dr. K. Nagaraja Rao

Prof. and HOD of Psychiatry

Tel : 422

5. Jawaharlal Nehru Medical College

Belgaum

Contact :

Dr. G. S. Bhogale

Asso. Prof. and HOD of Psychiatry

Tel : 22350, 22701

6. Kasturba Medical College

Manipal-576119

Contact :

Dr. P. S. V. N. Sharma

Prof. and HOD of Psychiatry

Tel : 20060

7. Kasturba Medical College

Mangalore

Contact :

Dr. V. K. Bhat

Prof. and HOD of Psychiatry

8. **Kempegowda Institute of Medical Sciences**
K. R. Road, V. V. Puram
Bangalore-560 004
Contact :
Dr. Jagadish
Asst. Prof. and HOD of Psychiatry
Tel : 603560
9. **M. S. Ramaiah Medical College**
Gokula Extension Post
Mathikere, Bangalore-560 054
Contact :
Prof. V. Venkataramaiah
HOD of Psychiatry
Tel : 3369190
10. **St. John's Medical College**
John Nagar, Koramangala Post
Bangalore-560 034
Contact :
Dr. Prakash Appaya
Prof. and HOD of Psychiatry
Tel : 5565435
-

INSTITUTIONS OF PSYCHIATRY

1. **National Institute of Mental Health
and Neurosciences**
P. O. Box 2900, Hosur Road
Bangalore-560 029
Tel : 642121
Director :
Dr. S. M. Channabasavanna
HOD of Psychiatry : Dr. R. Srinivasa Murthy
2. **Karnataka Institute of Mental Health**
Dharwad-580 008
Superintendent :
Dr. H. S. Vivekananda
Tel : 423800

REHABILITATION SERVICES FOR THE CHRONIC MENTALLY ILL

1. Rehabilitation Center

NIMHANS

Bangalore-560 029

Tel : 642121

Services Available :

- 1. Day Care**
- 2. Vocational Training**
- 3. Job Placement Service**
- 4. Rehabilitation Counselling**
- 5. Hostel for female patients-limited no.**

2. Community Based Day Care-Centers :

**(Referrals through
Rehabilitation Center NIMHANS)**

- a) Air Force Wives Welfare Association
Jalahalli Air Force Station
Jalahalli, Bangalore**
- b) D. K. Guru and Prof. G. Savithramma
Charitable Trust
Vocational Center for Handicapped
55/1, II Cross, 4th Block
Govinda Rao Road Kumarapark West
Bangalore-560 020**
- c) Chaitanya,—Friends of Nimhans
Day Care Center, 6th Main, 19th Cross
Bangalore-560 055**

HALF WAY HOMES - CHARITABLE ORGANISATIONS

1. **Richmond Fellowship Society-India**
 - a) **Vikas (For Men Only), Puttenahalli**
Bangalore-560 076
 - b) **Asha (For Men and Women)**
501, 47th Cross
9th Main Jayanagar 5th Block
Bangalore-560 041 Phone : 645583
2. **Medico Pastoral Association**
(For Men and Women)
No. 47, Pottery Road, Frazer Town
Bangalore-560 005 Phone : 577375
Services Available :
 - a) **Hostel for Mentally ill**
 - b) **Day Care Center**
 - c) **Crisis Intervention for Suicidal Patients**

PRIVATE HALF WAY HOMES

1. **Pushkara Half Way Home**
281, 100 ft. Road
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R-ZEP-2

PIMOZIDE TABLETS 2 mg.

R-ZEP-4

PIMOZIDE TABLETS 4 mg.

INTRODUCTION : pimozone is a member of Diphenylbutylpiperidine group of antipsychotic agent structurally similar to Haloperidol.

PHARMACOKINETICS : R-ZEP (pimozone) is readily absorbed from gastro-intestinal tract. Peak plasma concentrations have been reported 3 to 6 hours after oral administration followed by an initial rapid decline, then a subsequent very low terminal phase. R-ZEP (pimozone) has a very long half life of about 2 days or more. Metabolism of the Drug is in the liver and it is excreted through Urine and faeces both unchanged and in the form of Metabolites.

In a study on high dose R-ZEP (pimozone) in 16 acutely agitated chronic schizophrenic patients, as an initial single dose of 20 mg. daily rapidly increased to the maximum tolerated, but no more than 60 mg. daily. In 3 patients doses of R-ZEP (Pimozone) 5 to 10 mg. were given every hour until a calming effect developed or a maximum of 60 mg. has been given. The treatment was effective in 14 patients and 13 completed. Pimozone had a mean half life is 55 hours and after a multiple regimen 6 mg. daily for 4 days and 53 hours after a single dose of 64 mg. The incidence of extra-pyramidal effects were similar with both dose schedules. It was suggested that a single weekly dose might be useful.

Eur. J. Clin. Invest. 1977; 7, 533

Five patients with monosymptomatic psychosis each having a single hypochondriacal complaint of delusional intensity, rapidly gained a remission when treated with Pimozone 8 to 6 mg. each morning. There was no improvement in a sixth patient who was considered to have a personality disorders.

Br. J. Psychiatry 1978; 133, 125

MODE OF ACTION : R-ZEP (pimozone) blocks dopamine receptors as its prime mode of action, but it also act as an Antagonist at alpha-adrenergic, Cholinergic, Histaminergic and 5-HT Receptors. It would appear to have weaker Cholinergic and alpha-adrenergic activity than Chlorpromazine.

INDICATION : * Psychosis and acute Schizophrenia * Maintenance therapy in Chronic Schizophrenia * Residual Psychosis * Correct the Neuroleptic syndroms * Acute and chronic schizophrenia for treatment of symptoms and prevention of relapse. Other psychosis especially paranoid and monosymptomatic hypochondriacal psychosis, Mania and Hypomania. As an adjunct in short term management of Anxiety, Moderate to severe Psychomotor agitation and excitement.

CONTRAINDICATION : The use of R-ZEP (pimozone) is contraindicated in case of Coma attributed to direct CNS depressants. In patients with existing Tachycardia or Cardiac insufficiency, modification or restriction of the R-ZEP (pimozone) may be advisable. R-ZEP (pimozone) should not be given during pregnancy or lactation unless the physician feels it is essential. The safety of R-ZEP (pimozone) in pregnancy has not been established.

WARNING : being a neuroleptic drug R-ZEP (pimozone) may increase the CNS depression.

PRECAUTION : R-ZEP (pimozone) should be used with caution in cases where a low Leucocyte count is known to exist or in cases where patients are receiving drugs known to cause leucopenia. As drowsiness is a known side effect of the drug, patients should be cautioned about driving and operating machinery. It should be used with extreme caution in patients receiving lithium.

DRUG INTERACTION : As isolated case of toxic reaction between disulfiram and Pimozone has been reported.

SIDE EFFECTS : Dose related side effects including drowsiness, insomnia, anxiety, and gastro-intestinal symptoms such as nausea, constipation may occur. Extrapyramidal Symptoms such as Parkinsonism like symptoms, Akathisia, akathisia, hypokinesia or rigidity may develop during treatment. Administration of anti parkinsonism drug may be required for control of such reactions.

DOSAGE & ADMINISTRATION : In schizophrenia paranoid psychosis - Acute phase the starting dose is 20 mg. up to 60 mg. daily has to be used. For prevention of relapse dosage range is between 2-20 mg. daily. Monosymptomatic hypochondriacal psychosis treatment can be started with the initial dose of 4 mg. per day and the dose may be adjusted according to response to a maximum of 16 mg a day. For Anxiety : 2 to 4 mg. a day. Mania - Psychomotor agitation and excitement : An initial dose of 20 mg. adjusted according to response to a maximum of 60 mg. daily. For elderly patients half the normal starting dose should be administered. Treatment with R-ZEP (pimozone) as a psychotropic agent is usually started with 4 to 20 mg. which has to be administered as a single dose. This dose if necessary can be raised up to 50 mg. The usual dose range should be between 2 to 20 mg. daily.

PRESENTATION : R-ZEP 2/4 (Pimozone 2 mg./4 mg.) tablets available in Blister; Strip of 10 Tablets.



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